



COMMUNITY HEALTH PROMOTION & EDUCATION  
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*To prevent and treat disease and disability; to promote healthy lifestyles; and to protect and promote the health and quality of our environment.*

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**FOR IMMEDIATE RELEASE**

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**It's Not Too Late for a Flu Shot**

Although people with diabetes are encouraged to be first in line to get their flu shots, it's not too late to get them now. It only takes two weeks to build up protective immunity.

People with diabetes should have a flu shot every year and a pneumonia shot every five years. Each year, 10,000-30,000 people with diabetes die of flu or pneumonia related complications. During flu epidemics, persons with diabetes are six times more likely to be hospitalized than those without diabetes.

Only about 40% of people with diabetes get their flu shots annually. Rates are even lower (about 20%) for people under the age of 44.

In addition to people with diabetes, it is recommended that the following individuals be immunized:

- anyone over the age of 50;
- children and adults with chronic illnesses;
- children or teenagers on a daily aspirin regimen;
- women who are over 4 months pregnant;
- residents of nursing homes or chronic care facilities;
- those who care for the elderly or anyone with a chronic illness.

For more information about Central District Health Department, visit our web site at [www.cdhd.org](http://www.cdhd.org).

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